Sitting Volleyball Session Plan Five

<table>
<thead>
<tr>
<th>Date:</th>
<th>Time:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group:</th>
<th>Ability:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed Male/Female</td>
<td>Beginner</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Coach:</th>
<th>Learner coach:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Session goals:** Hitting/blocking; introduction to serving; mini-game

**Session Health and Safety Considerations:** These will differ depending on the training environment; however, things to consider are: that the space to be used is free of obstructions, the sitting volleyball equipment is set up safely and securely, no fire alarm tests are due, access routes to fire assembly points are clear, a first aider is on site, balls are inflated to correct pressure, athletes are fit and well before commencing session.

**Introduction and Warm Up (15 mins):**

Welcome attendees and recap session four. Outline Session 5 goals: Begin warm up with stretching and movement. Suggested warm up with focus on movement and technique:

1. Player (P) starts off court on 2-metre line;
2. They move to the net and practice, without a ball, the hit/spike technique through zone 4;
3. They then move laterally across the net to zone 2 and set their base to block;
4. They make a block technique and then turn quickly to face the Feeder (F) who feeds a ball to P who passes back using a volley or dig;
5. The F joins the end of the line of Players;
6. The P joins the end of the line of Feeders;
7. The next Feeder comes forward ready to feed a ball to the next Player.

**Develop** – Make it harder: The Feeder feeds the ball quicker i.e., as soon as the blocker has made the block action, but keep it a generous feed to give the player time to turn and react.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Coaching Points (CP)/Activities/Organisation</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Mins</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Hitters v Blockers**

1. Coach feeds high ball to Setter (S)
2. Setter passes forward or reverse;
3. Middle blocker moves in direction of the pass;
4. Hitter hits and middle/outside blockers block;
5. The active outside blocker re-joins the line and the middle blocker becomes the outside blocker;
6. Next blocker comes into the middle blocker position and steps 1-5 are repeated;
7. If Hitter hits, they go to end of line and next Hitter comes into court.
5 Mins Serving Fundamentals

- In sitting volleyball, the server’s buttocks must be behind the service line at the point of serving;
- For beginners, there is a tendency to stay at the service line following serve – the player must remember to move into court!
- The server has 8 seconds from the referee’s whistle to serve;
- Look for a consistent throw which is slightly in front of the player in line with their serving shoulder;
- If the ball is thrown too far behind the player they will have to lean back losing power and accuracy in the process;
- If the player is able, encourage them to use the posture in Diagram 1 which will help them move into court more efficiently.

1. Players (P) sit opposite each other starting on the 2-metre line;
2. Each P takes it in turns to serve to the other;
3. If both Ps catch the served ball they shuffle back half a metre and serve again;
4. If either player drops the ball then both players take a shuffle forward half a metre;
5. The objective is to move progressively towards the service line and for each player to make a serve from there that the other player can catch.

CP – This is not a race but an opportunity for players to progressively improve serving accuracy. They can serve under or over arm but the key is consistency.

Develop – Move the target around the court and repeat the practice.
<table>
<thead>
<tr>
<th>20 Mins</th>
<th>Gameplay</th>
<th>Warm down</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Mins</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Two players (P) start just inside the service line at zone 5 and 1. They are the space invaders;
2. When the coach says ‘Go’, the Ps move laterally, timing their movement so they arrive together in the middle of the court and thereafter move in the direction of the arrows until they reach the net;
3. As the space invaders start moving, each server (S) takes it in turns to serve at them, scoring a point for every direct hit;
4. Once the space invaders have reached the net the serving practice stops and each server adds up their score. The server with the most points wins.
5. Reset, with the space invaders becoming servers, and two different servers become space invaders.

**CP** – The space invaders must have synchronised movement so they meet in the middle at the same time. The servers must not serve at the same time, however tempting that is! If the space invader stops to avoid a ball then the server scores a point. Similarly, if the space invader attempts to stop the ball from hitting them directly then the server scores a point.

6v6 – Teams play to 25 points focussing on serving, volleying, digging, blocking, hitting and movement.
Players warm down individually or as a group.